



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

1 Purpose

----- To experience the physical and mental expectations required to become a Navy SEAL.

2 Duration of Lesson

----- 50 Minutes

3 Additional Topics Addressed

----- Nutrition and Career opportunities

4 Objectives

----- At the conclusion of this lesson, students will be able to:

- Identify the stages of the BUD/S Training
- Describe the activities that take place during the BUD/S Training
- Perform the physical screening test required for admittance into the Navy SEALs.



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

5 Standards & Benchmarks

PHYSICAL EDUCATION

Analyze and evaluate information about motor skills and patterns that lead to improved physical performance.

PE.9.2.2

Participate in physical activities that contribute to the improvement of specific health-related physical fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).

PE.9.3.3

Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness.

PE.9.4.1

HEALTH & WELLNESS

Explain the interrelationships of emotional, social and physical health.

HW.1.2

Indiana Department of Education. (n.d.). Indiana Standards and Resources: Physical Education; Health & Wellness. Retrieved from <http://dc.doe.in.gov/Standards/AcademicStandards/StandardSearch.aspx>

6 Vocabulary

- **SEAL** – Acronym standing for Sea, Air, and Land, which identify the elements in which Navy SEALs operate
- **Unconventional Warfare** – Using small, mobile combat groups that operate using “unorthodox” battle methods (also known as guerilla)
- **Foreign Internal Defense** – Training given to foreign nations in order to build relationships with those nations
- **Direct Action** – Moving against an enemy target
- **Counterterrorism** – Includes direct action against terrorist operations, antiterrorist actions for prevent terrorist acts against citizens and troops
- **Special Reconnaissance** – Includes conducting preliminary surveys to gather information through surveillance.
- **Hooyah!** – The war cry of the Navy SEALs generally meaning “yes,” “understood,” and “I’m not letting this training session get the best of me.”
- **Armed Services Vocational Aptitude Battery (ASVAB)** – A comprehensive career exploration and planning program that includes a multiple aptitude test battery, an interest inventory, and various career planning tools designed to help student explore the world of work.
- **Basic Underwater Demolition/SEAL (BUD/S)** – The different phases of training categories



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

- **Indoctrination** – Training session focusing on the expectations and ways of the Navy SEALs
- **Basic Conditioning** – Training session focusing on the trainee's physical stamina of timed events such as running, swimming, calisthenics, and learning small-boat operations
- **Drown-proofing** – Training exercise in which trainees must learn to swim with both their hands and feet bound.
- **Surf torture** – Training exercise in which trainees must perform calisthenics down the beach in their wet clothes and boots and return back into the surf (also known as cold water conditioning)
- **SCUBA** – Training session in which trainee's work is done underwater (SCUBA – self-contained underwater breathing apparatus)
- **Land-warfare** – Training session involving intelligence-gathering and structured penetration, as well as long-range sniper attacks.

7 Additional Resources

- Performance Journal (from Day 1)
- Navy SEAL Training Rubric

8 Procedures/Methods

A. Introduction

Once a trainee has passed the physical and mental requirements to be accepted into the Navy SEAL training program, the real training for action begins. The training program, known as BUD/S (Basic Underwater Demolition/SEAL), consists of three major components. The first stage of training is indoctrination, which is a training session used to mentally prepare the trainees for the upcoming weeks of physical challenges and to explain the expectations of the SEAL program.

After indoctrination, basic conditioning focuses on timed events in running, swimming, and calisthenics. Basic conditioning lasts approximately 8 weeks and trainees must continuously improve their times for each exercise and obstacle course.

The final component of the BUD/S training is land-warfare training in which trainees are prepared to handle all sorts of situations and taught to work in small units to achieve goals. Activities involve handling explosives, transporting prisoners, and infiltrating enemy lines. Other training involves parachute training, SEAL Qualification Training, and some specialized areas depending which route each trainee takes as a focus area.



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

B. Development

After the introduction, students will mentally prepare to complete the 1.5 mile run. Each student needs to obtain his performance journal and review the predicted result for the particular event. Remind students that this is a pre-test run of the testing session and to do the best they are capable of doing.

This activity will take approximately 5 minutes.

C. Independent Practice

Students will run together to complete the 1.5-mile run. The instructor needs to time each individual and report splits and final times to the students as they complete each lap. Instructors need to stress to the students to try to run the entire time, but if they must walk, instruct students to try to walk for 1 minute, then continue jogging. After students complete their run, they need to record their results in the performance journal under actual results.

The instructor needs to stress to the students that this is not a competition among the students, but rather a pre-test trial to identify a base line performance for each individual to improve upon.

This activity should take approximately 30 minutes.

D. Practice

Students will reflect upon their performance in the 1.5-mile run and need to answer the following questions in their journal:

- How did your predicted results compare to your actual results in the 1.5-mile run?
- How did you physically feel while you were completing the run?
- How did you mentally feel while you were completing the run?
- What will your goal of improvement be for your final run in 3 weeks?

This activity should take approximately 10 minutes.



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

E. Accommodations (Differentiated Instruction)

Students who have physical conditions that prevent them from doing specific exercises may perform them using appropriate modifications/adaptations.

F. Checking For Understanding

- Students will be asked to identify the physical and mental aspects SEALs may face during a land warfare mission.
- Students will be asked to explain the impact of teamwork during a SEAL mission as well as during the simulated physical screening during class.

G. Closure

Careers Involved in U.S. Navy SEALs (<http://usnavy.com>):

- Navigation
- Radar Tracking
- Office Administration
- Accountant
- Intelligence and Communication
- Telecommunication
- Information Technology
- Electronics
- Building and Construction
- Emergency Services
- Healthcare
- Food and Catering

9 Evaluation

Students will be evaluated on the completion of their performance journal. Students will not be evaluated on their actual performance of the test, but rather on the improvement achieved on each testing section from the pre-test to the final test which will take place in approximately 3 weeks.



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

10 Teacher Reflection

----- To be completed by teacher following the lesson.

11 Resources & Media

- <http://science.howstuffworks.com/navy-seal.htm/printable>
- <http://www.asvabprogram.com/>
- <http://www.usnavy.com/>
- Performance Journal (from Day 1)
- Navy SEAL Training Rubric

The Federal documents used in this lesson plan are works of the U.S. Government and are not subject to copyright protection in the United States (17 USC § 105).

This work is being released under creative commons license, CC-BY-SA. Text of license is available at <http://creativecommons.org/licenses/by-sa/3.0/>



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

PREFORMANCE JOURNAL

Testing Session	Navy Seal Goal	Predicted Results	Actual Performance	Goal of Improvement	Actual Post-Test Results	Actual Improvment
Swim	Swim 500 yards in 12.5 minutes					
Push-Ups	Do 42 push-ups in 2 minutes					
Sit-ups	Do 50 Sit-ups in 2 minutes					
Pull-ups	Do at least 6 pull-ups					
Run	Run 1.5 miles (in boots and long pants) in less than 11.5 minutes					



DO YOU HAVE WHAT IT TAKES TO BE A NAVY SEAL?

Subject: Physical Education | Current: 2010 | Grade: 9-12

Day: 3 of 4

NAVY SEAL PERFORMANCE RUBRIC

	Excellent-5pts	Good-3 pts	Poor-1pt
Goals	Student established realistic goals	Student establish some realistic goals	Student did not establish realistic goals
Plan	Student created an organized training program to establish goals	Student created a somewhat organized and thoughtful training program to establish goals	Student did a poor job of organizing a training program to establish goals
Improvement	Student improved performance 60-100 %	Student improved performance 20-58%	Student improved performance 1-19%
Performance Journal	Student completed performance journal	Student partially completed performance journal	Student failed to complete performance journal